FRISBEE GOLF-Rotations 9 and 10, Thursday AM.

Mitchell Krause and Amy Fiedler

Location: Outdoors/oval

Description: Similar concept to golf, but instead of putting, you use different sized Frisbees and aim to hit various poles/get as close to them as possible, as you traverse around a course. Scoring system is the same as golf, in that if it takes you 2 throws of the Frisbee that counts as 2 points, and you’re aiming to get the lowest score possible.

Equipment/resources: Different sized Frisbees, poles/flags, pencils and scoring sheets, whistles?? (Mitch’s contribution)

Age Suitability: Suitable for 5+, assuming you adjust distances as required

AusVELS links:

* Use complex manipulative and locomotor skills in a range of movement environments (indoor, outdoor and aquatic).
* They practise and develop competency in a range of complex motor skills such as leaping, dodging, the over-arm throw, dribbling and striking balls, cart wheeling and handstanding.
* Explore basic games’ tactics such as: introducing the concepts of attack and defence; following the rules of the game; and describing the roles of various positions
* Students learn about outdoor adventure activities to enable them to better understand the nature of outdoor environments and how they can prepare themselves for safe involvement in such activities
* They begin to explore the relationship between safety, risk and challenge, with an emphasis on developing their knowledge and understanding of strategies and skills to reduce harms, prevent accidents and create safe and supportive environments

“<http://ausvels.vcaa.vic.edu.au/Level3?layout=1&d=hpe>” AUSVELS Level 3

Ratios: 3-5 per team

Activity Staffing: It is assumed that Mitchell and Amy will explain and run the activity on the 2 Thursday morning rotations in which it runs.

Leader Experience Required:

* Know the rules/ instructions
* Specify how to play the game safely
* Knows how the scoring works and is able to communicate this
* Has experience playing the game eg, can throw a Frisbee, aim accurately etc and can give demonstration of technique required for the game.
* Can supervise effectively

Assistant experience required:

* Should have the same experience as leader

Participant experience required:

* Participant is required to follow instructions
* Pay attention to skills demonstration and techniques
* Be responsible for the scoring of their group
* Participate safely

Safety Guidelines:

Environmental

* Check grounds for debris before commencement of activity.
* Equipment should also be checked and be in good repair
* Suitable footwear and clothing worn for duration of activity

Weather

* Sun smart strategies encouraged
* Activity to be cancelled in the following conditions- wet weather, lightning storm.

Participation

* Clear techniques and behaviour expectations explained before commencement of activity
* Demonstration given
* In the case of injury, appropriate first aid procedure must be followed by leader, and camp forms easily accessible.
* Activity must be sufficiently supervised
* Care for equipment and team members encouraged and reinforced

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| LESSON PLAN: FRISBEE GOLF  AMY FIEDLER AND MITCHELL KRAUSE |
| AIM:  For students/participants to take part in a game of Frisbee golf. |
| FOCUS:   * Use Frisbee throwing techniques such as backhand and forehand throwing safely * Be able to accurately aim at a target * Scoring skills- keeping tallies, adding numbers etc |
| BEFORE YOU START:   * Check weather conditions * Check grounds * Organise and gather equipment and resources * Set up poles/flags on course |
| SET UP/INSTRUCTIONS:   * Give instructions on how to play and the rules of the game. Put emphasis on how to play the game safely. * Using different sized Frisbees, aim to hit various poles/get as close to them as possible, as you traverse around a course. Scoring system is the same as golf, in that if it takes you 2 throws of the Frisbee that counts as 2 points, and you’re aiming to get the lowest score possible. * Provide demonstration of throwing techniques- backhand and forehand. Prompt students, asking when each throw would be most suitable to use. Once again, stress safe use of these techniques. * Separate students/participants into groups of 3 to 5 depending on size of class/grade/group. * Provide/distribute equipment and show which way to progress around the course |
| PROCEDURE:   * As this is a predominantly individual based activity, supervise as students/participants progress around the course, answer questions and give further demonstrations where required. * Give feedback on technique * In case of emergency, ensure first aid kit and procedures are close by. |
| CLOSURE:   * Share end scores, celebrate winner’s achievement. * Discuss as a group success and failures and skill progression during the game. * Instruct how the packing up procedure will run eg “Frisbees in this bag… groups 2 and 3 to collect poles safely” etc |
| PACK UP:   * Check you have received correct amount of equipment back and that it is in good repair/condition. |